

## Measles

### Sample letter: Notice to parents that child has been exposed to measles

(Date)

Dear Parent or Guardian:

Your child may have been exposed to measles (also known as rubeola, red measles, or ten day measles) at \_\_\_\_\_ (school or other facility). There has been at least one case of measles in your child's school (or other facility) since \_\_\_\_\_ (date). Measles spreads very easily by direct contact and by air. Simply being in the same room with someone who has measles is sufficient to become infected. Approximately ten days after exposure, measles produces a two-week illness: high fever, cough, runny nose, and/or red, watery eyes which are sensitive to light, followed in 3 days by a blotchy rash that starts on the face. Most students with measles are sick enough that they miss at least a week of school. One in every 20 cases develops pneumonia and, more rarely, serious, even life-threatening complications can occur.

**Pursuant to Section 6060 of the California Code of Regulations, the following steps are being implemented to help stop the spread of measles in your child's school (or other facility).**

- The local health officer will determine whether pupils are at risk of developing measles and, if so, may require the exclusion of pupils from school (other facility).
- The exclusion of pupils with vaccination exemptions, which are not based on pre-existing immunity to the disease.
- The exclusion of pupils who are not completely immunized against measles.

Your child is at risk of developing measles if she/he has never had the disease or never received the measles vaccine. This is also true for any adult or child in your household who has never had measles or the immunization. We recommend that you contact your health care provider for the immunization as soon as possible. If you do not have a healthcare provider, your child may receive the immunization for a fee at the Public Health Clinic located at \_\_\_\_\_ (address) on \_\_\_\_\_ (days and times).

**If your child develops an illness with high fever (101° F or more), cough, runny nose or red eyes, with or without rash, contact your healthcare provider for diagnosis and treatment, and keep your child out of school until the doctor and the school staff have cleared him/her to return.** If you have any questions call the \_\_\_\_\_ (county) Health Department, at \_\_\_\_\_ (telephone number), Monday – Friday, 8:00-5:00.

Sincerely,

(Health Officers Name)

(county) Health Officer